

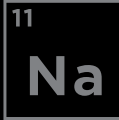


DRINK LMNT

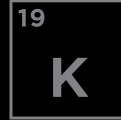
ZERO SUGAR HYDRATION

THE SCIENCE GUIDES WHAT'S INSIDE.

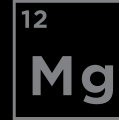
When it comes to our formulation, we let the science decide — providing you with a truly meaningful dose of electrolytes in a science-backed ratio.



SODIUM
1000 mg



POTASSIUM
200 mg



MAGNESIUM
60 mg

MORE SALT, NOT LESS.



Electrolytes, particularly sodium and potassium, are the driving force behind energy production in our cells, nerves, and muscles. But many of us have yet to unlock their full benefits.

A growing body of research reveals that optimal health outcomes occur at sodium levels 2-3x government recommendations. That's why we say **More Salt, Not Less.**

Optimal hydration doesn't just mean more fluids, it means getting the right electrolyte **balance** — dilute that balance, and fatigue follows. You feel the difference when you get it right.

We hope LMNT can do as much for you as it has for us. *WELCOME TO THE SALTY REBELLION.*

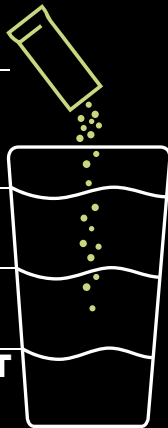
HOW TO STAY SALTY

MIX 1 STICK PACK WITH

32oz SALTY

16oz SALTIER

12oz SALTIEST



FIND YOUR FLAVOR

AVAILABLE IN: 30 CT BOX OR 12 CT VARIETY PACK

CITRUS SALT

RASPBERRY SALT

RAW UNFLAVORED

ORANGE SALT

MANGO CHILI

CHOCOLATE SALT

WATERMELON SALT

GRAPEFRUIT SALT



NO SUGAR



PALEO-KETO FRIENDLY



NO GLUTEN



VEGAN FRIENDLY



NO DODGY INGREDIENTS



OFFICIAL HYDRATION PARTNER OF
USA WEIGHTLIFTING

CHECK US OUT

DrinkLMNT.com

[@DrinkLMNT](https://www.instagram.com/DrinkLMNT)

